



ARMY POST-DEPLOYMENT HEALTH REASSESSMENT



U.S. Army Active Duty Frequently Asked Questions

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11. **Will the results of the PDHRA be reported to my chain of command? Is it confidential?**
12. **Since my screening, I have deployment-related medical problems that have gotten worse. Do I need to do the PDHRA over again to receive treatment?**

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For additional information visit <http://fhp.osd.mil/pdhrainfo> or the "PDHRA for Soldiers" page in AKO.



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Q1: I need medical attention now for my deployment-related health concerns. Do I need to wait for the PDHRA?

A1: No, you should not wait for the PDHRA. If you are experiencing an emergency and need help immediately, call 911 or have someone take you to the nearest emergency room at a hospital or military treatment facility. You can also call the National Suicide Prevention Lifeline. This lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. If you need help, please dial 1-800-273-TALK (8255). You will be routed to the closest possible crisis center in your area. The National Suicide Prevention Lifeline's mission is to provide immediate assistance to anyone seeking mental health services. Your call is free and confidential. Another hotline is the Kristin Brooks Hope Center national 1-800-SUICIDE (1-800-784-2433) hotline.

Q2: What is the PDHRA and how does it benefit me?

A2: The PDHRA is part of the Department of Defense Force Health Protection Program. PDHRA benefits Soldiers because it is part of the cycle of care for Soldiers' deployment-related health concerns. The PDHRA provides education, screening, and access to care for a wide variety of concerns that Soldiers may have about their health after they return from deployment.

Q3: How can I get more information on deployment-related health concerns?

A3: Web sites that provide deployment-related health information include <http://www.behavioralhealth.army.mil/> and the Deployment Health Clinical Center at www.pdhealth.mil.

Q4: How will I know when it is time for me to get a PDHRA?

A4: Your PDHRA stoplight in AKO is green between 0 – 89 days after redeployment from a combat zone. During the 90 to 180 day period, your stoplight will turn "Amber" indicating that you are to complete the PDHRA. The stoplight will turn "Red" on day 181 and remain "Red" until you complete the PDHRA.

Q5: I just had a Post-Deployment Health Assessment (DD Form 2796), why do I need another one?

A5: Health issues may not be apparent until several months post-deployment. Therefore, the PDHRA is done 90-180 days after you return from a combat zone. The PDHRA will help identify deployment-related health concerns, and therefore will lead to referrals for needed care.

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Q6: I already had my PDHRA and my light is still red. How do I get it changed in MEDPROS?

A6: First, check to make sure you completed DD Form 2900. This is the PDHRA. Sometimes the PDHRA is confused with the Post-Deployment Health Assessment (PDHA) which is DD Form 2796. In addition to completing the Soldier portion of DD Form 2900 (PDHRA), you also need to interview with a health care provider to complete the PDHRA. Contact the provider if there is no provider signature. A non-signed PDHRA will remain incomplete.

Q7: How do I find the DD Form 2900 in AKO?

A7: You can find the DD Form 2900 two different ways:

a) On the PDHRA for Soldiers page in AKO (<https://www.us.army.mil/suite/page/200435>) scroll down to the section, "How do I start the PDHRA screening?" Click on this link and it will take you to the form.

- OR -

b) Log into your AKO account. Select "My Medical" from the "Self Service" pull down menu. Next, select "My Medical Readiness" from the "My Medical" pull down menu. Click on the hyperlink on the left side for "Deployment Health Assessments". Select Post-Deployment Health Reassessment - DD Form 2900 and click "Start New Survey".

Q8: I am stationed at a remote location away from a military health facility. How do I complete a PDHRA?

A8: Contact your command for guidance to complete the PDHRA. Your commander may authorize you TDY to the nearest medical treatment facility (MTF) to complete your PDHRA along with other medical readiness requirements. You may be eligible to complete the provider interview via telephone.

Q9: Where do I go on my installation to complete the PDHRA?

A9: The PDHRA screening is generally performed at a Soldier Readiness Processing (SRP) site, a Medical Treatment Facility (MTF), and/or installation clinics. Your command will provide you guidance on where to go for your provider interview.

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Q10: I will be leaving the military (ETS) or retiring prior to reaching 180 days post-deployment. Do I need to complete the screening?

A10: Yes, your command should schedule you to complete the PDHRA screening before your release from Active Duty, regardless of how long you are back from a deployment.

Q11: Will the results of the PDHRA be reported to my chain of command? Is it confidential?

A11: The PDHRA is a health screen. Answers are, therefore, confidential and subject to the Health Insurance Portability and Accountability Act of 1996.

Q12: Since my screening, I have deployment-related medical problems that have gotten worse. Do I need to do the PDHRA over again to get treatment?

A12: There is no need to redo the PDHRA once it is completed. If you feel you are in need of immediate medical advice or attention, make an appointment with your local health care provider, local Medical Treatment Facility, or call the Wounded Soldier and Family Hotline at 1-800-984-8523 for assistance.

Commands & Leaders should visit the "PDHRA for Commanders & Leaders" page in AKO (<https://www.us.army.mil/suite/page/200441>) for information on scheduling Soldiers for the PDHRA.

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